



Venturing Out

OUTDOOR ADVENTURES FOR ALL

School Holiday Activities Coasteering Information Sheet North Berwick

What is Coasteering?

Coasteering is an exhilarating activity which offers the opportunity to explore the 'Inter-Tidal Zone' whilst journeying. This activity offers the opportunity for an educational exploration of our living coastline. This activity involves being in the sea, making our way along the coastline, swimming to and from small islands and depending on tidal and sea conditions jumping into the sea.

What age is the activity suitable for?

This activity is suitable for children aged 8 to 14

Where is the venue?

This activity is based in North Berwick. Drop off and pick up will be at the top of the hill car park, which is at the far end of North Berwick's East Beach, Milsey Bay, past the Glen Golf Club.



Time

9.30am to 12.30pm and 1pm to 4pm

Do I need to bring anything?

- Towel
- Swim wear for under the wetsuit
- On warm and sunny days, sun cream is advisable
- Drink and snack

Note: If your child has feet smaller than a size 3, please pack water shoes or old trainers that can get wet

We supply the wetsuits. If your child has their own, then please feel free to bring it with you. Our staff will assess whether or not your own suit is adequate for the activity. It must be full length.

Have you completed a consent form? The form can be found here:

<https://www.123formbuilder.com/form-4768720/form>